

Gesture of Awareness

A Weekend of Practice with Charles Genoud in Basel

Saturday Sept. 22 and Sunday Sept. 23 2018

Gesture of Awareness is a unique approach to the practice of mindfulness. Mindfulness understood as the exploration of a quality of presence. In sheer presence, we are no longer caught up in the complex, on-going conceptual stories in which we usually exhaust ourselves. The silent practice both in stillness and in movement allows participants to come into the presence through simple, less contrived activities such as taking a step, opening the eyes, or touching another person. The gentle guidance supports inner stillness and an opening to a global experience of one's own being.

Charles Genoud teaches Buddhist meditation both in Switzerland and internationally. His unique approach of Gesture of Awareness is the result of the combination of Buddhist meditation with the practice of sensory awareness.

Time: Saturday Sept. 22 and Sunday Sept. 23, 2018
10am – 12.30am and 14pm – 16.30pm

Place: “Kalyana Mitta” Meditation Center
Ramsteinerstr. 16, Basel (Tram 3 “Waldenburgerstr.”)

Fee: Members of Kalyana Mitta Fr. 40.- / Non-members Fr. 60.-
The fee includes all organisational costs, travel and Hotel expenses for the teacher.
Participants will support the teacher financially through donations (Dana)

Please wear loose fitting clothes and bring your own lunch.
The weekend will be taught in English without translation.

!!! Limited number of participants!!!

Participants attending the whole weekend will be given preference. Your subscription is binding and will not be confirmed. We will let you know if you will be put on the waiting list. In case of hindrance, please give us notice as soon as possible.

*Send your subscription to Catherine Felder, St. Galler-Ring 208, 4054 Basel
or E-mail: info@kalyanamitta.ch. Questions? 061 302 22 08*

Subscription for Gesture of Awareness with Charles Genoud, Sept.22 and Sept 23, 2018

Name.....

Full Address.....

Tel.....E-mail.....

Signature.....Date.....